Graduation Matters Missoula - Wellness Subcommittee

Nutrition

November 18, 2014 meeting notes

Present: Mark Hartman (Sentinel teacher), Connor Cox (Sentinel student), Dylan Haggart (Sentinel student), Kevin Leathers (Sentinel student), Sarah Tarka Baer (Missoula Healthy Vending), Alex Baer (Missoula Healthy Vending), Rebecca Morley (Health Department), Carol Ewen (GMM Wellness subcommittee leader), Lisa Beczkiewicz (Health Department – Let’s Move), Linda Simon (MCPS Health Services Supervisor), Lisa Cox (parent).

The Healthier US School Challenge (HUSSC): Smarter Lunchrooms was introduced to the committee for consideration. Lisa Cox suggested this be the model to use for school recognition instead of creating our own system. Lewis and Clark Elementary has already applied for and received Silver recognition. This award encompasses school meals, smart snacks, nutrition education, physical education, physical activity, local school wellness and optional activities. It is already in place and part of Team Nutrition. Lisa Beczkiewicz suggested looking at the School Health Index, a copy of which was given to Carol Ewen. This measure also includes personal health. There were concerns on who would implement and evaluate the School Health Index. Carol Ewen indicated it may be useful on a district level but too comprehensive on an individual school level. The HUSSC will be further considered.

Carol Ewen discussed the timeline that will be presented to the principals in the December 2, 2014 meeting for implementation of Smart Snacks. Concerns still arise on the 9-12 level as to the direction the implementation will take. Is the goal education and better nutrition or simply to implement the rule? Discussions surrounded closed campus, availability of healthy options, will removing foods from the school cause students to seek more unhealthy options off campus, what will encourage students to eat on campus and will the high schools be able to handle any increase in capacity in the lunchroom. Linda Simon will plan a meeting with Stacy Rossmiller (Food Services Supervisor) at Sentinel during lunch one Wednesday in December to get some answers to these and other questions surrounding the lunch program. Committee members should email Lisa Cox with any suggestions or questions to Stacy. (Questions presented are: Can there be a direct deposit for lunch funds? Currently students have to bring a check into the school, Can the atmosphere of the cafeteria be changed – more friendly, comfortable?, What foods served are currently in compliance (especially wondering about ala carte)?, Can there be increased outsourcing from local restaurants to give the students the foods they like here at school?

The need for more committee members that are teachers or students was brought up by Mark Hartman. How can we get the people who will be most affected to these meetings? Mr. Hartman also suggested a meeting with the committee and regional directors. Carol Ewen will discuss this with the regional directors.

The next meeting will be at Sentinel High School with Stacy Rossmiller in December, time and date to be announced.

Lisa Cox, Nutrition Team Leader